

# Personal Growth Retreat

JANUARY 23-25, 2007

Arrive: 1500 Tuesday - Return: 1500 Thursday

An opportunity to understand yourself better and to gain new  
perspectives about life.

*All participants  
must register prior  
to attending.*

*The van to the  
retreat site departs  
from the Spiritual  
Fitness Division at  
3:30 p.m. the day of  
the retreat.*

*Call 757-444-1091 for  
more information.*

**FREE Food, Lodging and  
Transportation to the site.**

